



A place to gather on the topics of health, wellbeing and positivity

Dear valued tenants,

Issue #9 has landed, and we couldn't be more excited to introduce our virtual tenant engagement program *Better Together*, kicking off with two webinars this month. We also added a video featuring musicians, as well as an ode to trees.

Calgary Municipal Face Coverings Bylaw 26M2020. We would like to remind all our Tenants that in accordance with the Face Coverings Calgary Bylaw 26M2020 that came into effect on Saturday, August 1, those entering the property must wear a facial covering that covers the nose, mouth and chin. Masks or face covering are required in public spaces including main floor, elevator lobbies, loading dock, parkade lobbies, and washrooms. For more information regarding the Face Coverings Bylaw 26M2020, please access this link <https://www.calgary.ca/csps/cema/covid19/safety/covid-19-city-of-calgary-mask-bylaw.html>

Better together this summer. We are thrilled to kick off our tenant engagement virtual programming - *Better Together* - with two online events:

- **Working Effectively While Working from Home. August 19, 1:00-2:00 p.m. E.T.** Learn about work-life balance through holistic ideas to stay safe, happy and productive while working from home. Bring your questions about ergonomics, taking time for yourself, and more. [Register](#).
- **Discover the World of Bees. August 20, 12:45-1:45 p.m. ET.** Ever wondered what the inside of a hive looks like? Our Urban Beekeeper Angela Stathakos will explain the wondrous world of the honeybee, while opening a beehive. Family friendly and engaging, this session will *bee* sure to please inquisitive minds. [Register](#).

For the love of music. Curious what front-line healthcare workers do when they are not helping people in need? Playing popular music with the Vancouver Symphony Orchestra, of course. [Watch](#) these musicians come together harmoniously, led by award-winning Canadian singer-songwriter Dan Mangan in a cover of The Beatles' "All You Need Is Love." So, go on and take a break to listen... it's just what the doctor ordered.

Trees are amazing. Remember science class when you learned how trees absorb carbon dioxide? Well, now you can [watch it](#), thanks to the folks at NASA. Tracking the flow of carbon for a year, the video shows swirling activity, mainly in the Northern Hemisphere, as trees lose their leaves in winter. Once June arrives... magic happens, and that Grade 10 science class comes to life...minus the homework.

This day in history. On August 7, 1947, Norwegian explorer, Thor Heyerdahl, along with a five-person crew, completed a 4,300-mile voyage across the Pacific Ocean. The 101-day journey was made on a 45-foot-long wooden raft named Kon-Tiki, to support a thesis about sea travel by South American Indigenous people. It began in Peru and ended in the Tuamotu Archipelago, near Tahiti. Talk about going the extra mile!

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